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## Appalachian Mountain Mint

*Pycnanthemum flexuosum*

### Growing Information

- Plant Type: Perennial
- Sunlight: Sun, part shade
- Soils: Average, moist
- Bloom Time: White flowers in July, August
- Size: 2-3ft in height; 1-3ft spread

An aromatic, good soil stabilizer, it produces silvery white flowers above light green foliage. This species is not aggressive and will slowly expand. Plant in the border of a rain garden, pollinator, or native garden. Attracts throngs of desirable pollinators. Not a New England native but native to the southeast.

### Garden Companions

Black-eyed Susan (*Rudbeckia hirta*), Dense Blazing Star (*Liatris spicata*), Little Bluestem grass (*Schizachyrium scoparium*), Big Bluestem grass (*Andropogon gerardii*)

### Nature Benefits

- Larval host for the Gray Hairstreak Butterfly and Wavy-lined Emerald
- Attracts bees, butterflies, moths, and wasps

### Natural Habitat

Occurs in meadows, roadsides, open woodlands.